

SAILING COURSE TIMES

49er FX Women

WINDWARD / LEEWARD COURSE

Target Time 30 minutes

Wind Range	5 - 8 Knots				8 - 12 Knots				12 - 15 Knots				15+ Knots			
	16 mins/m		Up Time (mins)	Down Time (mins)	13 mins/m		Up Time (mins)	Down Time (mins)	11 mins/m		Up Time (mins)	Down Time (mins)	10 mins/m		Up Time (mins)	Down Time (mins)
Run Speed	12 mins/m				8 mins/m				7 mins/m				6 mins/m			
Leg Length Nautical Miles	L2	L3			L2	L3			L2	L3			L2	L3		
0.3	16.8	25.2	4.8	3.6	12.6	18.9	3.9	2.4	10.2	15.3	3.2	2.0	9.6	14.4	3.0	1.8
0.4	22.4	33.6	6.4	4.8	16.8	25.2	5.2	3.2	13.6	20.4	4.2	2.6	12.8	19.2	4.0	2.4
0.5	28.0	42.0	8.0	6.0	21.0	31.5	6.5	4.0	17.0	25.5	5.3	3.3	16.0	24.0	5.0	3.0
0.6	33.6	50.4	9.6	7.2	25.2	37.8	7.8	4.8	20.4	30.6	6.3	3.9	19.2	28.8	6.0	3.6
0.7	39.2	58.8	11.2	8.4	29.4	44.1	9.1	5.6	23.8	35.7	7.4	4.6	22.4	33.6	7.0	4.2
0.8	44.8	67.2	12.8	9.6	33.6	50.4	10.4	6.4	27.2	40.8	8.4	5.2	25.6	38.4	8.0	4.8
0.9	50.4	75.6	14.4	10.8	37.8	56.7	11.7	7.2	30.6	45.9	9.5	5.9	28.8	43.2	9.0	5.4
1.0	56.0	84.0	16.0	12.0	42.0	63.0	13.0	8.0	34.0	51.0	10.5	6.5	32.0	48.0	10.0	6.0
1.1	61.6	92.4	17.6	13.2	46.2	69.3	14.3	8.8	37.4	56.1	11.6	7.2	35.2	52.8	11.0	6.6
1.2	67.2	100.8	19.2	14.4	50.4	75.6	15.6	9.6	40.8	61.2	12.6	7.8	38.4	57.6	12.0	7.2